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DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION AND SPORTS SCIENCES

"A STUDY ON PERSONALITY DIMENSIONS, ACADEMIC AND SPORTS ACHIEVEMENTS OF NATIONAL LEVEL PLAYERS OF KARNATAKA"

A PROPOSAL SUBMITTED FOR THE

DOCTOR OF PHILOSOPHY IN PHYSICAL EDUCATION

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CHAPTER 1

INTRODUCTION

Sports are in man's blood. Sports are worldwide phenomenon today. There are numerous federations which organize sports competitions every year from lower levels to international levels. There are bodies at district, universities, state and national levels which also encourage participation in sports and are responsible for providing technical and material camp and so on. Sportsman will not only be limited to their physical, psychological and sociological aspects but also to other aspects to their body functions. It is needless to say that primary their psychologically fit, without mind, a man rather a sportsman is not useful for sports. Educational factors also have importance in the field of sports and games. The man who does not have liking of sports will not allow or encourage their children engage in sports. They always compel them to engage in studies or in others activities. But the parents, who had background of sports, encourage their children in sports activities. The precise origins of many sports remain obscure, although all cultures have known physical contests. The ancient Egyptians swam, raced, wrestled, and played games with balls.

Psychology is the study of human behaviour and human relationships. Psyche means soul, logs means science. The firm soul could not satisfactorily be explained. So, Psychology is defined as the science of mind. Some Psychologists analysed the mind and said that the mind could think, feel and act there are the states or structures of mind.

THE ROLE OF PSYCHOLOGY IN SPORTS

Psychology of sports means applying psychological theories and concepts in to sports such as coaching and teaching. The sport psychologist uses psychological assessment techniques and intervention strategies in an effort to help individuals to achieve their optimal performance. While sports psychology is concerned with analyzing human behaviour in various types of sport settings. It focuses on the mental aspects of performance. Psychology as a behavioural science has made its contributions for improving sports performance. It has helped coaches to coach more efficiently and athletes to perform more proficiently. The psychological aspect on sports is growing much attention among sports administrators. A rapidly growing area of interest in sports psychology concerns the use of stress management, procedures such as bio feedback and relaxation training to enhance athlete's performance by reducing. With the help of psychological inventories self – esteem, self – concept, tension, anxiety, motivation, personality and various other personality traits could be measured. Psychological disorders could be assessed.

PERSONALITY

Personality is a theoretical concept employed to focus attention on the individual as an integral, dynamic and striving organism. It connotes the person's actions, reactions and interactions all aspects of human behaviour. Personality is the totality of an individual in all human qualities in the most appropriate and desirable context to a social living. Some Important functions of personality are to allow for the periodic regeneration of energies by sleep, to exercise its feeling and valuations, to reduce conflicts by following schedules which

result in a harmonious way of life and reduce conflicts between personal dispositions and social approvals. The modern man lives in a mental world in which the important skills for success are based mostly on his psychological abilities. The personality development is expressed through inter – relationship between physical (body) and psychological (mental) factors. Personality is both dynamic and static in nature.

PERSONALITY IN SPORTS PERFORMANCE

The impetus to sport and physical activity originates more from inherent drives of the individual which are more socially oriented. The physical activities chosen by individuals should be personally and pleasing and satisfying, as enjoyment is related to exercise adherence. The role of sports in modern technological civilisation is well recognised. Increasing evidence of the value of sports for human welfare and social integration, or being broad about research studies. Along with widening sphere of competitive sports, more and more nations are paying attention to propagating mass sports. The psychological aspects such as agreeableness, openness, neuroticism, extraversion and Conscientiousness are given now emphasis.

PERSONALITY PERSPECTIVES AND SPORTS PARTICIPATION

Personality traits of the sportsmen have strong bearing on their performances. High-level sports performers need to learn the complex motor movements. As quickly and thoroughly their movements are learned, as swiftly confidently they can be applied during the competition, as the sports performance is influenced by physical fitness on one hand and psychological adjustment on the others. It is followed strictly so far as the successful sport men are concerned because for the high-level achievement in competitive sports, they need to be physically and mentally well balanced. It is realized that sports participation leads to a change in certain important personality trails. The differences in the personality traits may encourage the athletes to participate in sports, as certain personality traits may encourage the

athlete to participate in sports, only certain personality traits can undergo the social and physical stress of participation in highly competitive sports situation.

VOLLEYBALL

Volleyball is an Olympic sport in which two teams separated by a high net use their hands, arms, or (rarely) other parts of their bodies to hit a ball back and forth over the net. Each team is allowed three hits to get the ball over the net to the other team. A point is scored if the ball hits the ground in the opponents' court, if the opponents commit a fault, or if they fail to return the ball properly. Volleyball is a team game consists of twelve players but with only six allowed on courts. It is a none contact with a change of pace, passing to a team make and then driving the ball to the opponent's court. The objective is to place the ball, so that it cannot be returned over the net. The court is 60 feet long and 30 feet wide, with an 8 feet net (7 ½ feet for women) across the centre of court.

NETBALL

Netball is a ball sport played on a rectangular court by two teams of seven players. The primary objective is to shoot a ball (680 to 710 millimeters (27 to 28 in) in circumference) through the defender's goal ring (380 millimeters (15 in) in diameter mounted 3.05 meters (10.0 ft) high to a goal post at each end of the court) while preventing the opposing team from shooting through their own goal ring. It is among a rare number of sports which have been created exclusively for female competitors. The sport is played on indoor and outdoor netball courts and is specifically played in schools. Netball is most popularly played in Commonwealth nations.

HANDBALL

Handball is a team sport in which two teams of seven players each (pass a ball using their hands with the aim of throwing it into the goal of the opposing team. A standard match consists of two periods of 30 minutes, and the team that scores more goals wins. Modern handball is played on a court of 40 by 20 meters (131 by 66 ft), with a goal in the middle of each end. The goals are surrounded by a 6-metre (20 ft) zone where only the defending goalkeeper is allowed; goals must be scored by throwing the ball from outside the zone or while "diving" into it. The sport is usually played indoors, but outdoor variants exist in the forms of field handball, Czech handball (which were more common in the past) and beach handball. The game is fast and high-scoring: professional teams now typically score between 20 and 35 goals each, though lower scores were not uncommon until a few decades ago.

Body contact is permitted for the defenders trying to stop the attackers from approaching the goal. No protective equipment is mandated, but players may wear soft protective bands, pads and mouth guards.

KHO KHO

Kho kho is a traditional Indian sport that dates back to ancient India. It is the second-most popular traditional tag game in the Indian subcontinent after kabaddi. Kho kho is played on a rectangular court with a central lane connecting two poles which are at either end of the court. During the game, nine players from the chasing team (attacking team) are on the field, with eight of them sitting (crouched) in the central lane, while three runners from the defending team run around the court and try to avoid being touched. Each sitting player on the chasing team faces the opposite direction of their adjacent teammates.

STATEMENT OF THE PROBLEM

The aim of this study is to investigate the personality dimensions, academic and sports achievement of National level players both men and women in volleyball, Netball, Kho-Kho and Throwball players of Karnataka

HYPOTHESIS OF THE STUDY

The following hypothesis had been formulated for the purpose of this study: -

1. There will not be any significant difference between the sportsmen of different games in academic achievement and personality.

2. The sportsmen possess average level of academic achievement and high level of personality Keeping in view the above objectives the following null hypothesis are formulated and will be tested under the present study.

3. There does not exist significant inter-game differences among the personality of sportsmen playing different team games (Kho-Kho, Netball, Throwball, Volleyball).

4. High achieving sportsmen differ significantly from low achieving sportsmen in their personality.

SIGNIFICANCE OF THE STUDY

1. The result of the study shall be extremely useful for the policy makers and authorities of state government

2. The results of the study shall be useful for the teachers of various schools in understanding the importance of Physical Education and Sports in relation to other variables.

3. The study will be helpful for physical education teachers in motivating children to participate in sports.

4. The concept of body and mind may be generated in any sportsmen and no sportsmen.

5. The study may be useful for the parents in understanding the implications of sports participation in academic achievement and intelligence.

6. The study shall be useful for the coaches in identifying the Personality of the children as per demand and level of sports.

7. The study shall be useful for the coaches in predicting future prospect of the children's in both academic and sports achievement.

LIMITATIONS

The following were the limitations of the study: -

1. Questionnaire technique has its own limitation which may have some effect on the result of the study.

2. The response given by the players on the questionnaires were considered as a limitation.

3. The subjects participated at different games and living in different conditions. Their personality and mental ability were different so their response might consider as a limitation of this study.

4. Individual capabilities, agreeableness, openness, neuroticism, extraversion and Conscientiousness might be one of the limitations of this study.

DELIMITATIONS

The study had the following delimitations: -

1. The study was delimited to Men and Women subject between the ages of 22-25.

2. The study was delimited to 192 students each 48 in each category and each game of National level players in technical and non-technical universities and the sample is purposive sampling.

3. The study was delimited to selected questionnaire for this study i.e., questionnaire by John and Srivastava (1999) which consists of 46 items for five dimensions of personality

DEFINITIONS OF THE TERMS USED

PERSONALITY

According to Winnie & Gittinger, “Personality also refers to the pattern of thoughts, feelings, social adjustments, and behaviours consistently exhibited over time that strongly influences one's expectations, perceptions, values, and attitudes.

ACADEMIC ACHIEVEMENT

According to Stumm, Sophie;Hell, Benedikt; Chamorro-Premuzic and Tomas, “Individual differences in academic performance have been linked to differences in intelligence and Personality”

AGREEABLENESS

Agreeableness is a personality trait manifesting itself in individual behavioral characteristics that are perceived as kind, sympathetic, cooperative, warm, frank, and considerate. In contemporary personality psychology, agreeableness is one of the five major dimensions of personality structure, reflecting individual differences in cooperation and social harmony.

CONSCIENTIOUSNESS

Conscientiousness is the personality trait of being careful, or diligent. Conscientiousness implies a desire to do a task well, and to take obligations to others seriously. Conscientious people tend to be efficient and organized as opposed to easy-going and disorderly.

EXTRAVERSION

Extraversion is the state of primarily obtaining gratification from outside oneself. Extraverts tend to enjoy human interactions and to be enthusiastic, talkative, assertive, and gregarious. Extraverts are energized and thrive off being around other people.

NEUROTICISM

Neuroticism is a trait in many models within personality theory, but there is significant disagreement on its definition. It is sometimes defined as a tendency for quick arousal when stimulated and slow relaxation from arousal, especially with regard to negative emotional arousal.

OPENNESS

Openness is an overarching concept or philosophy that is characterized by an emphasis on transparency and collaboration. That is, openness refers to "accessibility of knowledge, technology and other resources; the transparency of action; the permeability of organisational structures; and the inclusiveness of participation". Openness can be said to be the opposite of closedness, central authority and secrecy.

CHAPTER II

REVIEW OF LITERATURE

1. **Researcher Name:** Ihor Zanevskyy 2021

Title of the Research: Academic and sport achievements of the physical culture and sports university students

Selection of the subject: Totally 259 (168 male and 91 female)

Subject Area: Bachelor student of Physical Culture and Sports

Age Group: 18–23 years

Purpose of the Study: to create a model for studying relationships between academic and sport achievements of the sports and physical culture university students

Variable used: semester control scores and scores of the sport achievements

Statistics Techniques: ANOVA

Result: Almost non-significant weak interdependence between results of semester control and sport achievements was noticed ($p>0.05$, $0.174 \leq rs \leq 0.284$)

2. **Researcher Name:** Siti Maisarah Binti Azharin 2021

Title of the Research: WE SUPPORT YOU: ACADEMIC PERFORMANCE AND SPORTS INVOLVEMENT AMONG UNIVERSITY STUDENTATHLETES

Selection of the subject: 168 (M&W)

Subject Area: university student-athletes who represent UiTM Kampus Samarahan, Sarawak

Age Group: 21-23 YEARS

Purpose of the Study: this study aimed to assess the student-athletes on the factors of the surrounding environment (support system) affecting sports involvement, and the perceived health condition in relation to academic performance.

Variable used: Health Condition, academic and sports achievements

Statistics Techniques: Normality was tested using skewness and kurtosis, Significance of relationship between the level of health and support system and academic performance were assessed using the Pearson correlation test, the independent sample T-test was utilized to compare between gender in level of health conditions and support system

Result: There was no significant relationship between the level of health condition, support system and academic performance

3. **Researcher Name:** Paweł Piepiora 2021

Title of the Research: Sports Level and the Personality of American Football Players in Poland

Selection of the subject: 140 Football Players

Subject Area: the representatives of American football clubs in Poland

Age Group: 20 to 29 only men

Purpose of the Study: To study the level of achievements or sports representation and the personality of American Football Players

Variable used: Agreeableness, Conscientiousness, Extraversion, Openness and Neuroticism

Statistics Techniques: ANOVA

Result: To summarize, openness to experience is a characteristic personality trait for American football players in Poland. Raw scores on this scale were the only ones that showed statistically significant differences between players representing the LFA 1, LFA 2, and LFA 9 league levels

4. **Researcher Name: Paweł Adam Piepiora** 2021

Title of the Research: The influence of level of sports competition on personality traits of national, state, and all India university women players

Selection of the subject: 1260 athletes were tested, out of whom 118 were

qualified to the champions sample—those athletes had significant sports achievements

Subject Area: World Championship, the European Championship, the World Cup, the European Cup, the World Games 2017, and other ranked international tournaments

Age Group: 20 to 29 only men

Purpose of the Study: The aim of the study is to describe personality profiles and determinants of success in sports in relation to the Big Five Personality Model

Variable used: Agreeableness, Conscientiousness, Extraversion, Openness and Neuroticism

Statistics Techniques: t-tests for independent samples and a logistic regression model

Result: There are differences between champions and other athletes in all personality dimensions in terms of the Big Five. Sports champions were characterized by a lower level of neuroticism and a higher level of extraversion, openness to experience, agreeableness, and conscientiousness in relation to other athletes

5. **Researcher Name:** Jagadeeshaiah IC and Dr. A Palanisamy - 2022

Title of the Research: The influence of level of sports competition on personality traits of national, state, and all India university women players

Selection of the subject: 300, 100 in each group

Subject Area: State, National, and All India Inter-University Women Players

Age Group: State, National, and All India Inter-University Women Players

Purpose of the Study: The purpose of the present research was to describe and compare the personality traits of Group and individual game players represented at state, national, and all India university level of sports

Variable used: Agreeableness, Conscientiousness, Extraversion, Openness and Neuroticism

Statistics Techniques: means and standard deviation and 't' test and correlation

Result: Group games had significant level over individual

6. **Researcher Name:** Sanjay Yadav 2014 Devi Ahilya Vishwavidyalaya

Title of the Research: Investigation of selected psychological variables in relation to performance in badminton at different levels of achievement

Selection of the subject: 225 Badminton Players – 125 Men – 100 Female

Subject Area: international, senior national, junior national and sub-junior national male and female badminton players of India

Age Group: Sub Junior, Junior & Senior

Purpose of the Study: to assess selected psychological variables of Indian badminton players (both male and female) i.e. mental toughness, factors influencing sports career and achievement motivation at different levels of achievement in badminton

Variable used: mental toughness, factors influencing sports career and achievement motivation with the help of questionnaires

Statistics Techniques: One way analysis of variance

Result: Significant differences were found in all the levels.

7. **Researcher Name:** Abha Pandey 2014 Banasthali Univesity

Title of the Research: A Comparative Study of Neurotic Personality Factors of Female Athletes and Non Athletes

Selection of the subject: 500 female athletes and 500 female non athletes

Subject Area: Schools and Colleges of Delhi

Age Group: Not Mentioned

Purpose of the Study: his study is being done with an endeavor to asses and analyse neurotic personality factors present of female athletes and non athletes

Variable used: self- esteem, self -concept and reduced aggressiveness

Statistics Techniques: Mean standard deviation and t-test

Result: "female athletes are emotionally mature, secure, calm and composed, self-confident, realistic, stable, resilient, and in a broad sense, psychologically healthy than non athlete females

CHAPTER III

METHODOLOGY

In this chapter, selections of subjects, selections of variables, selections of tools and statistical techniques have been discussed

The purpose of the research is to **"Study the Personality Dimensions, Academic and Sports achievements of National Level Players of Karnataka"**

SELECTION OF THE SUBJECT

To achieve this purpose 192 National Level Players will be selected and their age group ranging between 22 to 25 years in technical and non-technical Universities.

DEPENDENT VARIABLES

1. Personality Dimensions

INDEPENDENT VARIABLES

1. Sports Achievements
2. Academic Achievements

SAMPLE SIZE

SL.NO	EVENT	MEN	WOMEN	MEN	WOMEN	TOTAL
		VTU/Technical University		Bengaluru City University/ Non-Technical		
1	KHO-KHO	12	12	12	12	48
2	HANDBALL	12	12	12	12	48
3	NETBALL	12	12	12	12	48
4	VOLLEYBALL	12	12	12	12	48
	TOTAL					192

PROCEDURE TO CONDUCT PERSONALITY DIMENSIONS TEST

Objective: The purpose of the test is to measure the Variables of Personality Dimensions

Tools: Questionnaire by John and Srivastava (1999)

The big five personality inventory consists of extroversion, agreeableness, consciousness, neuroticism and openness to experience. Big five inventory (BFI) which was developed by John and Srivastava (1999) which consists of 46 items for five dimensions of personality. Respondents will use a 5-point scale ranging from 1 (strongly disagree) to 5 (strongly agree) to indicate the degree to which the item describes them.

Upon characterizing the Big Five, one should pay attention to several important aspects of the personality dimensions, namely that these features characterize the "normal personality", although their extreme intensity may contribute to the development of behavioural disorders and psychosomatic diseases. These features are not characteristic of classical personality types, and the Big Five describes mainly their extreme poles. In fact, these personality traits have a continuous nature and, like other mental properties, have a normal distribution in a population. The Big Five therefore allows a description of each personality. Moreover, these features should not be simply evaluated. A given pole may be associated not only with positive but also negative trends in behaviour, both for the social environment and for a given individual. Therefore, one should not make a one-sided assessment of personality, because each of these features has its advantages and disadvantages. Additionally, that is why the Big Five factors meet the criteria required for the characteristics of the basic personality dimensions

Sports Achievements: It is individual highest achievement

Academic Achievements: Their Highest degree/Percentage will be recorded.

STATISTICAL TECHNIQUES

The following statistical techniques will be used in the study:

1) t-test to find out differences in sample sub groups.

2) ANOVA to assess the impact of independent variables on dependent variables.

3) Correlation to examine the relationship between independent and dependent variables.

CHAPTER IV

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